

# February Bulletin

## Alaska Family Child Care Food Program

January 20, 2009

### AFCCFP Conference Scholarships

THIS IS YOUR REMINDER TO GET YOUR SCHOLARSHIP FORMS IN THIS MONTH.

This year "For The Love Of Kids" conference is being held May 1<sup>st</sup> and 2<sup>nd</sup> at the Captain Cook Hotel. The deadline for early bird registration is the 20<sup>th</sup> of March 2009.

Therefore March 1<sup>st</sup> is going to be our deadline for submitting applications for our scholarships to the conference. To apply for scholarships you need to do a few things.

First, fill out the box on page 2 of this newsletter and return it with your February claim.

Second, your claim and all

relevant paperwork, including attendance (if needed) and enrollment forms for new children, must be in our office or postmarked on the 1<sup>st</sup> of March.

Third you cannot have any menu errors to qualify for the drawing.

On March 11<sup>th</sup> we will draw from the qualifying names to award the scholarships.

We will contact winners by phone on the 11<sup>th</sup> of March.



"Five food safety measures you may not have thought of." See page 3.

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#### Welcome to our new providers:

- Silvia Salazar, Anchorage
- Aurea Santillana, Anchorage
- Sherlyn Hyde, Anchorage
- Amanda Barnette, Wasilla

### New Holiday Care Policy

The Alaska Family Child Care Food Program, trying to stay within the regulations set forth by the Alaska Department of Education Child and Adult Care Food

Program, has issued a new policy that will begin on March 1<sup>st</sup>, 2009.

*Please read the enclosed Holiday Care Policy Page and Form enclosed with this Newsletter.*

It is each provider's responsibility to educate themselves on the new policy and implement it in their facility.

## 2009 CACFP Week Brings a Bag of Fun for your Child Care

The Alaska Family Child Care Association is pleased to announce plans to promote National Child and Adult Food Program Week. March 15-21<sup>st</sup>, 2009. This year's theme is "Pleasing the Picky Palate"

We have purchased promotional items to share with our providers and the children enrolled in their programs.

This includes a Reusable Bag to please those picky eaters with lots of healthy foods when grocery shopping with this reusable bag. This 14" x 16" x 8" bag with a stable flat bottom will hold an abundance of groceries. It collapses down into an 8" square and snaps shut so it can be easily transported to the store.

Also includes a Children's

Activity Booklet for each enrolled child. Many children have picky palates. One of the best ways to help a picky eater is to teach them about foods and make food fun for them to eat. In this activity booklet each child will get a chance to play games, learn about food as well as recycling, and practice healthy eating with child friendly recipes.

Pick up yours today 274-2237

## Minute Menu Minute

### Are you claiming online yet?

If you are, we now are able to directly deposit your check.

If you want your check to be directly deposited into your account each month then please see the enclosed paperwork to sign up for it.

This is a service that is only available to people who are

claiming online either with WEBKIDS or Minute Menu Kids.

It is easy to sign up to begin using WEBKIDS online claiming.

Just send me an email asking to sign up. I will then email you back all the information and directions to begin using WEBKIDS.

Our email address is

[AFCCFP1@gci.net](mailto:AFCCFP1@gci.net)

Please remember to read the enclosed information about Direct Deposit. It should answer most of your questions and save you a phone call.

*"How do I begin to claim Online?"  
Just drop me a quick email and I will send you all the information to get started right away.*

## March Birthdays

**Angela Robinson- Sweat** –  
March 1

Sarah Francis – March 14

Amber Alston – March 1

Audrey Kelsch – March 28

Carla Ramos – March 2

Raquel Hanni – March 28

Amanda Barnette – March 6

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## Better Bites with Julia Hensel



### Blueberries:

Anthocyanin is a powerful antioxidant that is responsible for the blue color of blueberries. Research studies show that blueberries have the ability to fight signs of aging, increase mental clarity, and reduce risk of cardiovascular disease. Increase your consumption of blueberries by adding a handful to your yogurt or cereal, or throw some in with your next batch of pancakes! Try this blueberry muffin recipe that also includes whole wheat flour.

### Blueberry Muffins

The secret to good muffins is to not over mix the batter.

Lumps are fine.

Makes 16

1 stick butter, melted

2 ¼ cups all-purpose flour

½ cup whole wheat flour

¾ cup sugar

1 teaspoon baking powder

½ teaspoon salt

1 ¼ cups buttermilk

2 eggs, beaten

1 cup fresh or dried blueberries

**Preheat oven** to 400 degrees. Grease a 12 hole muffin pan or line with paper liners.

Mix together both types of flour with the sugar, baking powder, and salt in a mixing bowl. Beat the buttermilk, eggs and melted butter together in a separate bowl. Add the wet ingredients to the flour mixture and stir until just combined. Gently fold in the blueberries.

Spoon the mixture into the muffin pan and bake for 25 minutes until risen and golden.

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## Five food safety measures you may not have thought of

### #1 Wash your hands

**often.** You know to wash up after using the bathroom or handling raw meat. But before preparing a meal, also wash if you've petted the dog or cat, used the phone, taken out the garbage, or cleaned dirty dishes. Harmful bacteria from any of these sources could contaminate your food.

### #2 Wash your hands

**thoroughly.** Many cases of foodborne illness could probably be eliminated if everyone used the right technique. Use warm, soapy water on the fronts and backs of your hands, up to your wrists. Don't forget to wash in between your fingers and under your nails.

### #3 Wash dishcloths and kitchen towels often, on the "hot" cycle.

Cold water might not kill all the bacteria.

### #4 Be sure clean dishes are fully dry before putting them away.

Moisture trapped in a stack of dishes or pots and pans can make a good environment for bacterial growth.

### #5 Think of your meat thermometer as you would a safety belt. .

When you get into a car, you automatically think to strap on a seat belt. You should be automatic about using a meat Thermometer, too.

**It's the only sure way to tell if meat has reached an internal temperature high enough to kill off any dangerous bacteria.**

Cook steak to at least 145°, hamburgers and pork to 160, and chicken to 170 (white meat) or 180 (dark meat).

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## Upcoming Food Program Training:

February 21<sup>st</sup>- Making bread and Pizza Dough with Bread Machines

11am-1pm- Mat-Su at Miss Becky's Daycare.

April 4<sup>th</sup>- Homemade Babyfood- 11am-1pm-Anchorage at the First Congregational Church.

April 18<sup>th</sup>- Homemade Babyfood- 11am-1pm- Mat-Su place TBA. (looking for volunteers to have it at their place)

## Upcoming AFCCA Training:

\$5.00 Member/\$8.00 Non-Member (AFCCA Membership)

February 28<sup>th</sup> - "SIDS and Shaken Baby Syndrome" - 2pm-3pm at the AFCCFP/AFCCA offices on Lake Otis and Tudor.

February 24<sup>th</sup> - "A Penny Saved is a Penny Earned" Part II Record Keeping and Taxes. 7pm-9pm at the AFCCFP/AFCCA offices on Lake Otis and Tudor.

March 3<sup>rd</sup> - "A Penny Saved is a Penny Earned" Part I and March 5<sup>th</sup> Part II- 7pm-9pm at the AFCCFP/AFCCA offices on Lake Otis and Tudor.



## Conference Application

Please fill out this slip and check the appropriate lines. Cut it out and get it in by the 1<sup>st</sup> of March with your February Paperwork. (or postmarked by the 1<sup>st</sup>)

Yes, I \_\_\_\_\_ would like to attend the annual "For the Love of Kids" Conference on the 1<sup>st</sup> and 2<sup>nd</sup> of May, 2009.

I am \_\_\_

I am not \_\_\_

A member of the Alaska Family Child Care Association. If you are, make sure your membership is up to date for the conference. If not, do you know you can join for the price of \$25 for being a member of the Alaska Family Child Care Food Program?

I can attend Friday only \_\_\_

I can attend Saturday only \_\_\_

I can attend Friday and Saturday \_\_\_